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Dated March 8th. 1826

Specimens.

(Dissertation)

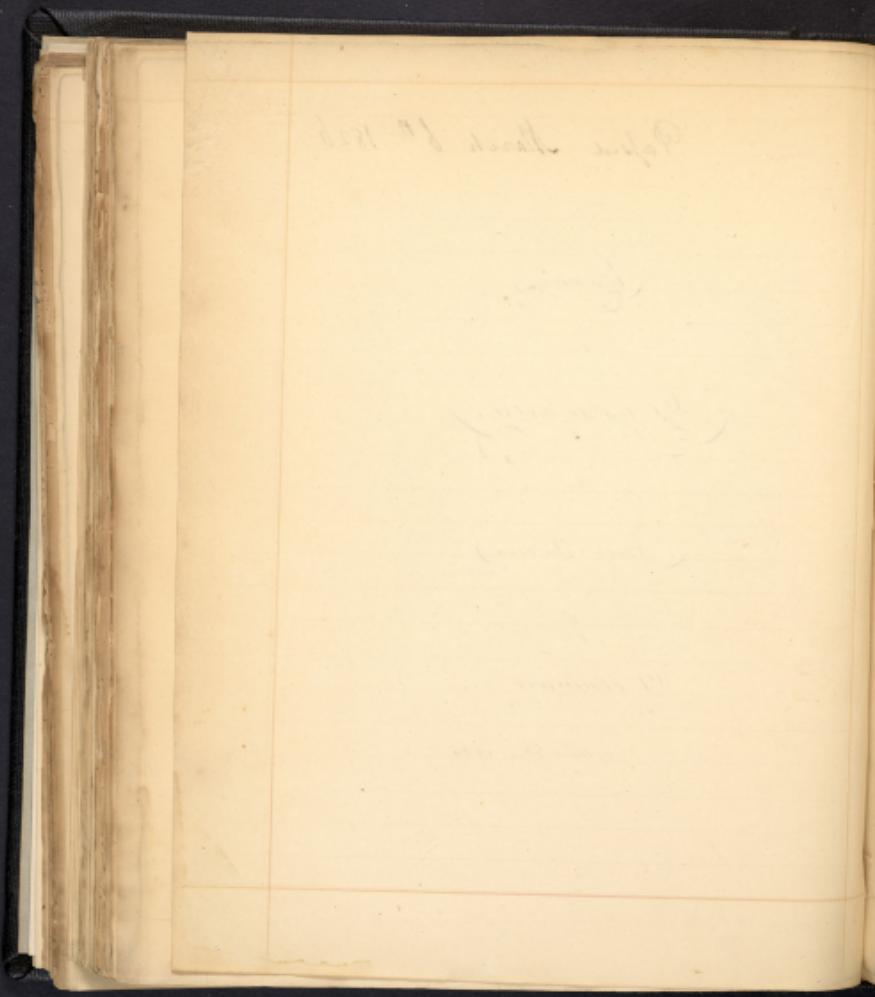
by

George Stevens.)

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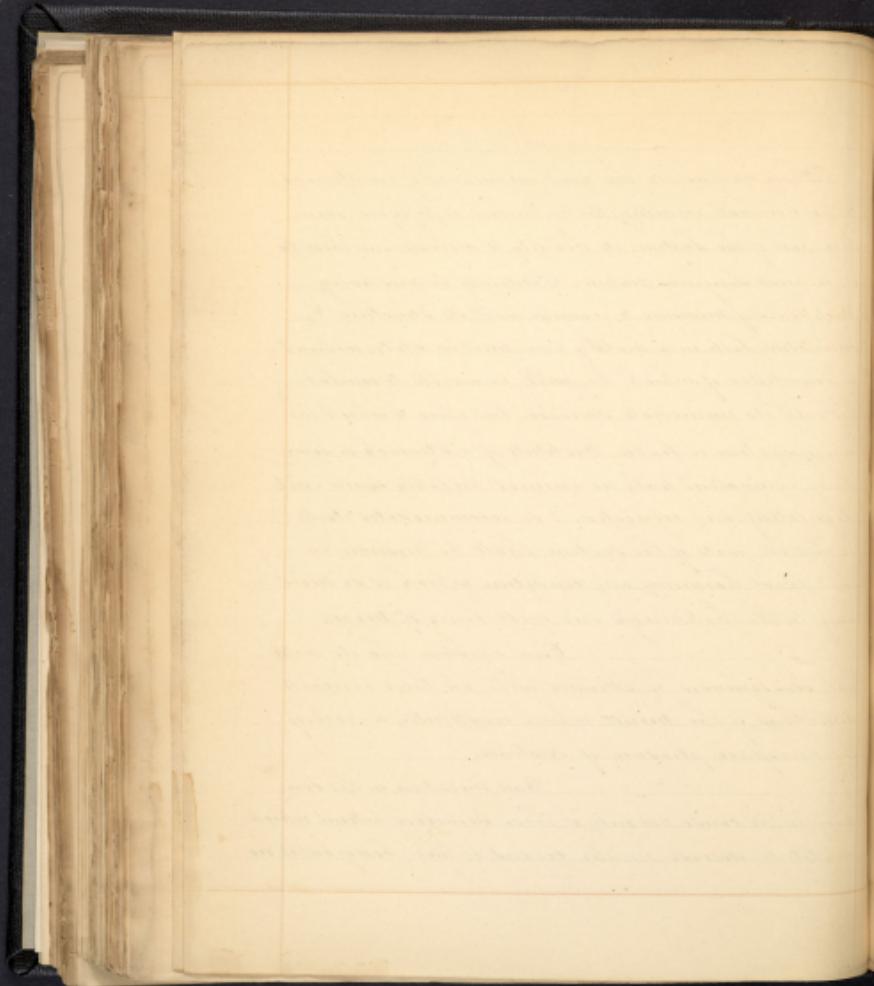
October 12th. 1825.)



Where we consider the vast importance of the Stomach
to the animal economy, the influence it exercises over
every part of the System, its liability to disease, and hence the
of the most dangerous malady; It certainly becomes every
Practitioner of Medicine to examine well its structure &
functions, both in a healthy and deranged state, without
a knowledge of which he will be unable to combat
not only its immediate diseases, but those to which the
whole system is liable. Substitute of a Stomach or some
thing equivalent to it, no animal probably could exist.
Regulating and regulating, it so accommodates itself
as that all parts of the System shall be preserved in
that exact harmony and condition which is so neces-
sary to the happiness and well being of Man.

Our digestion and its natu-
ral consequences is attended with all those conceivable
sensations of the mind which constitutes a part of
the unadvised pleasure of existence.

Bad digestion on the con-
trary is the cause not only of those deranged actions which
constitute disease in the organs of the body, but it re-



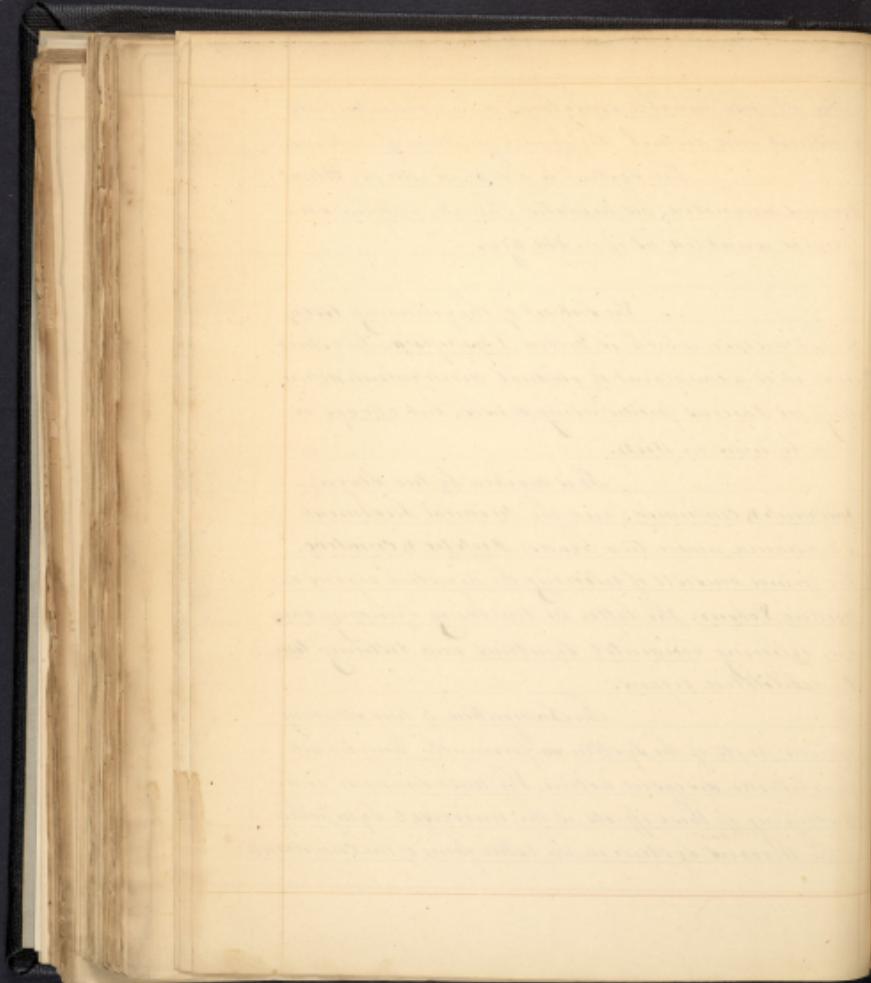
duced all those sensible sensations, which are calculated
to distract and distract the former quietude of the mind.

The Sustine is weakened and the Patient
becomes emaciated, his muscles shrunk, and his skin
becomes wrinkled as if in old age.

The Subject of the following Essay
is that disease which is called Dyspepsia. In a strict
sense it is a complaint of gradual development, depend-
ing on various predisposing causes; but always ex-
plained by events in life.

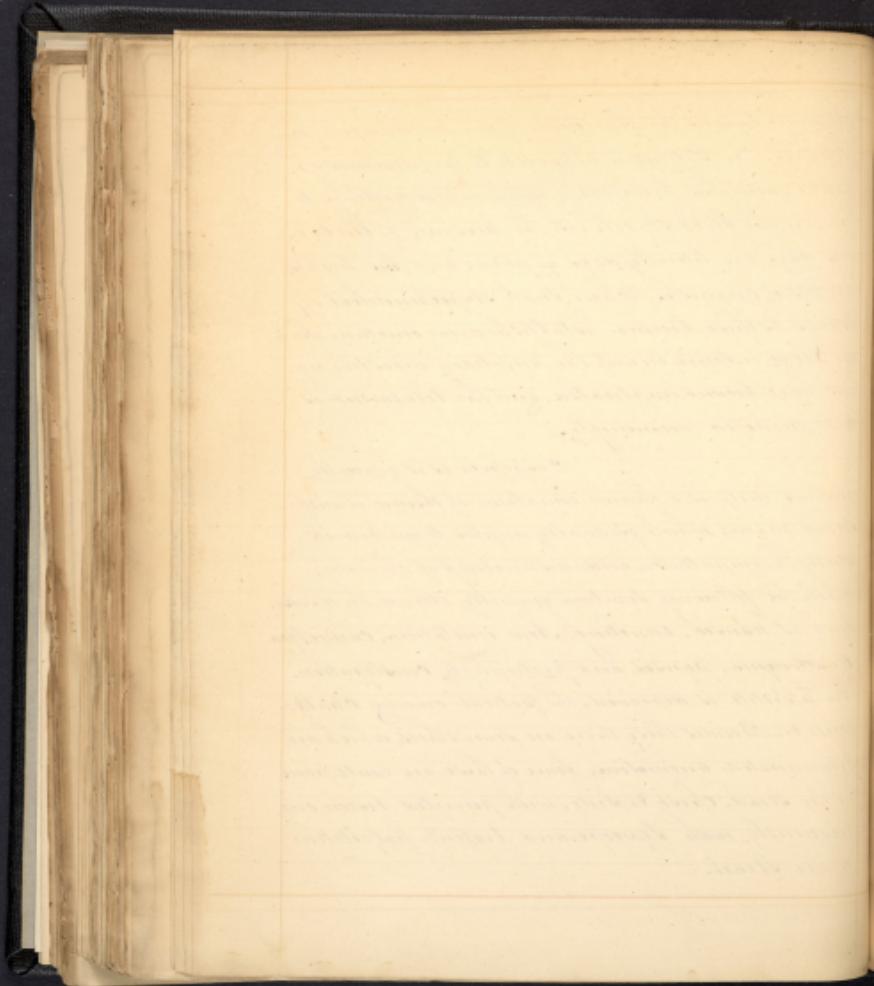
It is marked by two stages,-
Symptoms confirmed; and the Medical Treatment
is considered under two heads: Prosthetic & Therapeutic.
The former consists of relieving the digestive organs of
indirect Disease; the latter in removing obstraining causes,
relieving occidential symptoms and restoring the
debilitated organs.

In Indication of long standing
various parts of the System are frequently brought into
sympathetic diseased action. The most common and
disturbing of these effects is the univeral Sympathy
of the Nervous system in the latter form of the Complaint.



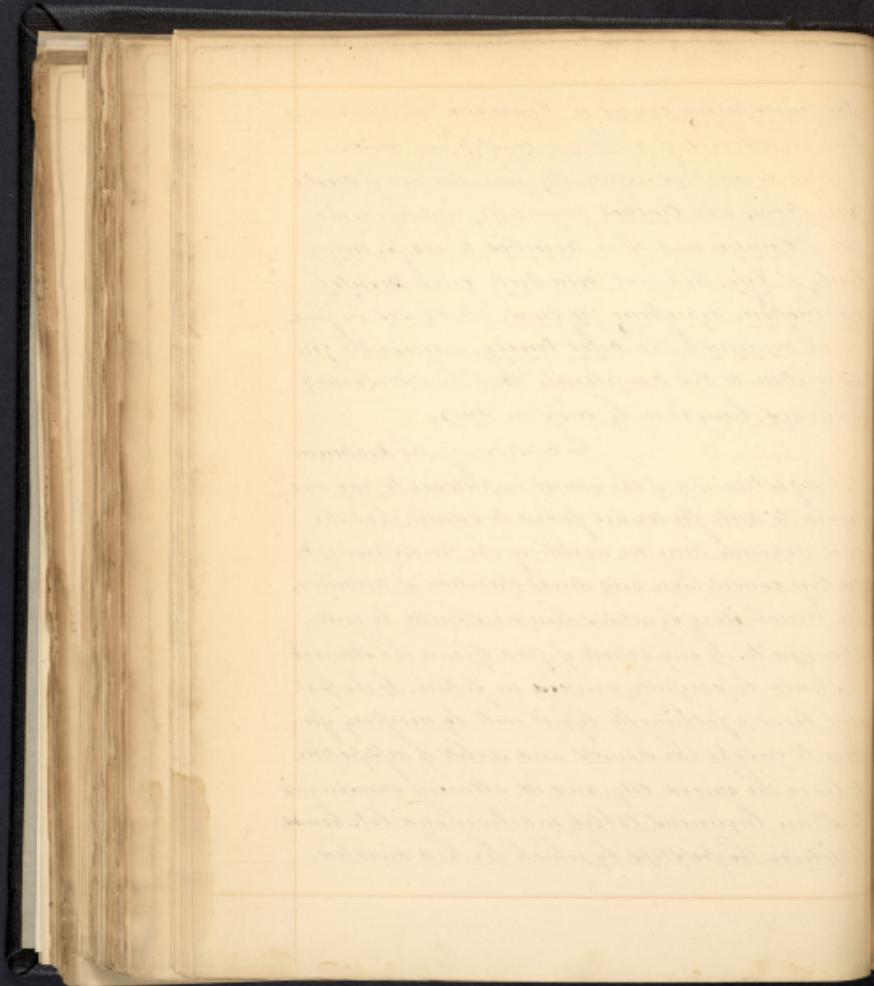
The mind becomes the harbinger of the most awful fore-
warning. The Patient is insensible to the pleasures of
society, and his bewilder'd imaginative powers to
him in the blackest colour the misery of the age.
Aw days are troublous days of pain: and his nights,
watches of anguish. When such apprehensions of
disease as these become established we conclude that
the Spleen is one of the auxiliary digestive organs
and have become implicated, and the treatment is
to be modified accordingly.

It is opinion as it generally
patients itself is a chronic complaint of obscure and
varied origin, which gradually insinuates its self into
strength insatiable, and a distension of the bowels,
when the following symptoms generally attend the disease.
Such as flatulence, vomiting, Acid excretions, Cardiospasm,
Castricopis, spasms, and particularly constipation.
The appetite is depraved, the Patient craving chalk,
sugar &c. Besides these there are some others which are
denominated anomalous; some of these are lancet pain
in the Head, Chest & Side, with protracted Asthma, and
frequently, with Sycceps, and violent palpitation
of the Heart.



The peculiar process consisted of Hypnotism and unconscious
such as visceral diseases of a local or constitutional ^{the} kind.
profound hypnotism, especially from the use of cretic
persecutors, who employed frequently the use of Cinna and other herbaceous to soothe, repa-
larity of life, habitual cold feet, great mental
application, depressing posture; all carried in fine
which diminished the total Energy, increase the pre-
disposition to the complaint. But the disease itself
is always brought on by ment in rest.

In considering the treatment
of Indigestion it is of the utmost importance to pay due
regard to Rest; for we are forced to admit, that the
true physician here are assisting the peculiar process of
exciting control, have any direct operation of medicine.
The peculiar symptoms therefore should be well
attended to. If any article of food offend the Stomach
it should be carefully avoided in future. If the patient
leads a fashionable life it will be necessary for
him to forsake the habits and habits of affiliation;
to leave the crowded city, and its alluring amusements
to shun luxuriant tables, indolence and late hours
to retrieve the spotless by which he had deviated.



from simple posture, and to court the country posture,
moderate exercise, early rising, simple diet and ple-
asing occupations. The food should be taken at even
pace, and stale liquors, in moderate quantity and with
out anxiety or interruption. Fiegh, ^{or} accent and oily
articles should be avoided, as difficults of digestion.
A diet composed of animal food, milk and stale
bread, is the most proper for hypophtalic. Fish reg-
ularly, on account of their tendency to fermentation are
injurious; some however are more so than others—
Pea, Beans, Cucumbers and Cabbage are the worth-
while. Potatoes, Turnips and Lettuce among the best.
A most important object in the treatment, is that
of preventing by abstinence, the undue labour of
the digestive organs. By diminishing the quantity
of food usually taken, and obstracting all un-
necessary Stimulus, we give compensation less to
the Stomach, and time is allowed for the restoration
in a great measure, of its healthy action. In the
contrary, by resorting to aperients, Tonics and
stimulants, in the incipient stage, the stomach
from over stimulation is thrown into a violent and
expulsive action, which is followed by trypic and—

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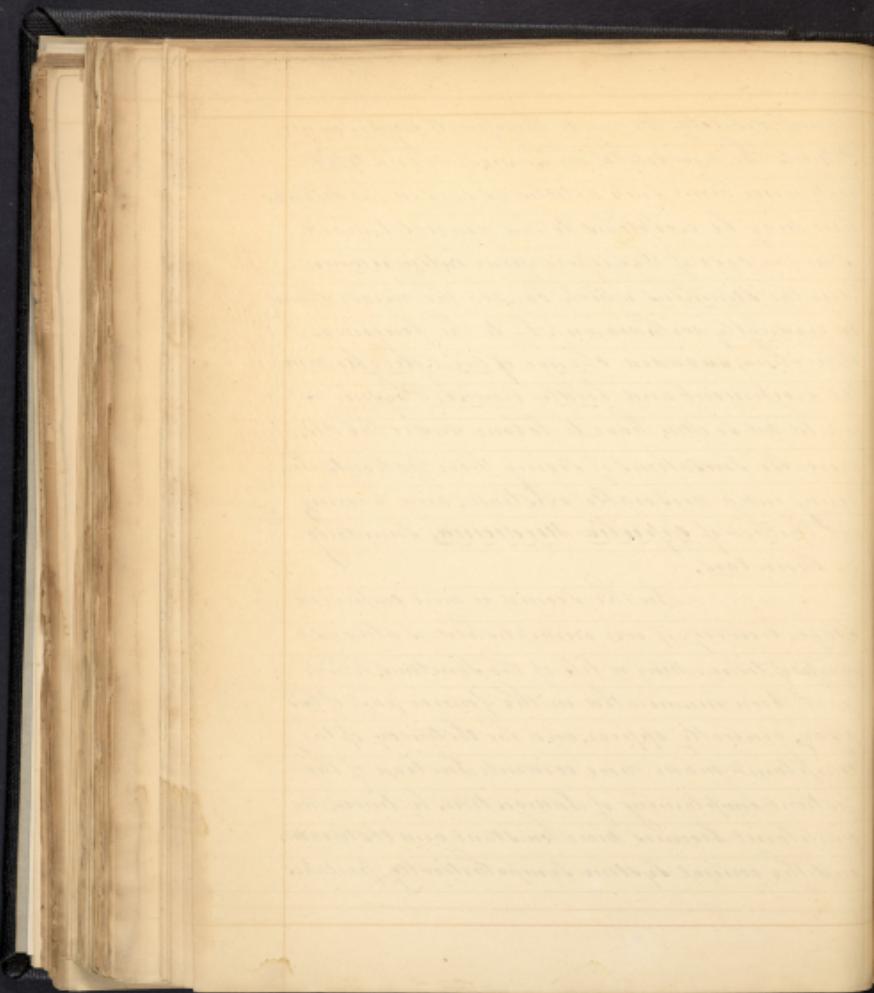
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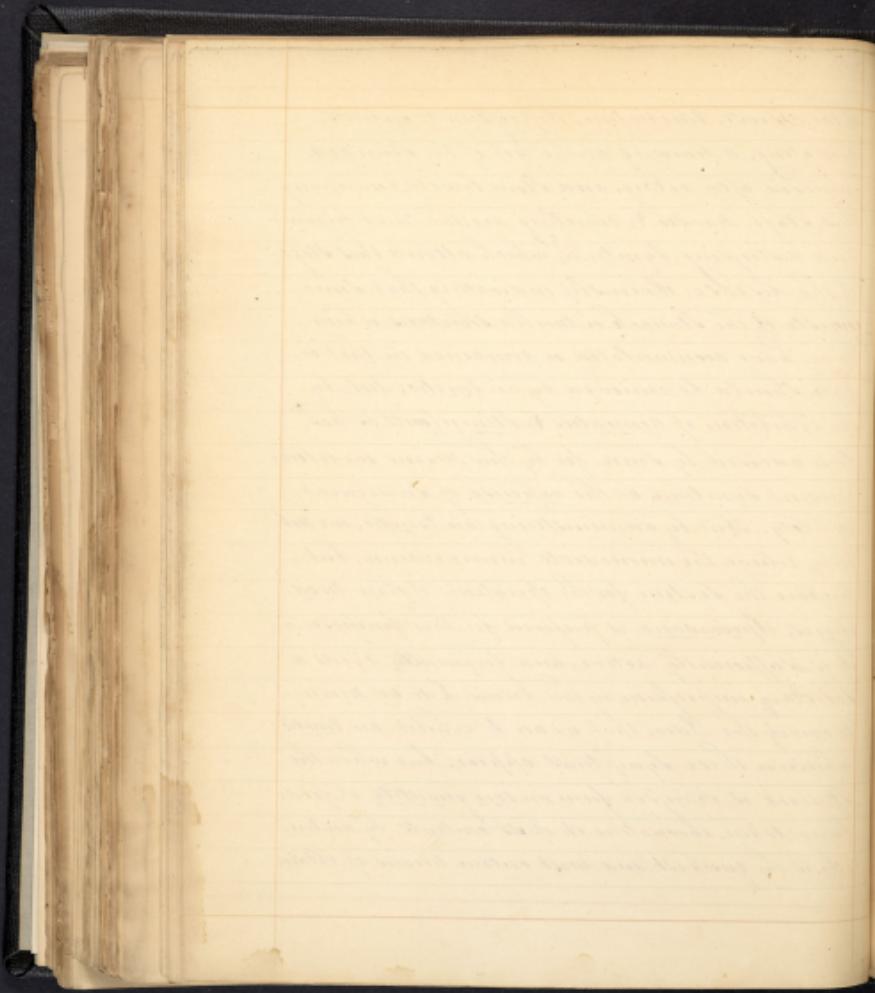
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indirect debility. We ought therefore to enjoin on our patients the necessity of an immediate and total abstinence from such articles as caused the disease. There may be exceptions to this general remark, as in the case of Hydrocephalus intermissione. See the stimulus which caused the disease should be gradually withdrawn. So to the foregoing—dissipation, avoided charge of air, agreeable mental excitement and bodily exercise. Physicians would not so often have to labour under the disagreeable sensations of seeing their patients lying out a miserable existence, and hearing the epithet of Epileptia Medicina, sounding in their ears.

In the second or more confirmed stage, recovery, if ever accomplished is always a work of time. More or less of the symptoms, which have been enumerated in the former part of this page, generally appear, and the obstinacy of the complaint made more evident. Instead of the patient complaining of Indigestion, by times, the complaint becomes more constant and obstinate, and the general system sympathetically partakes

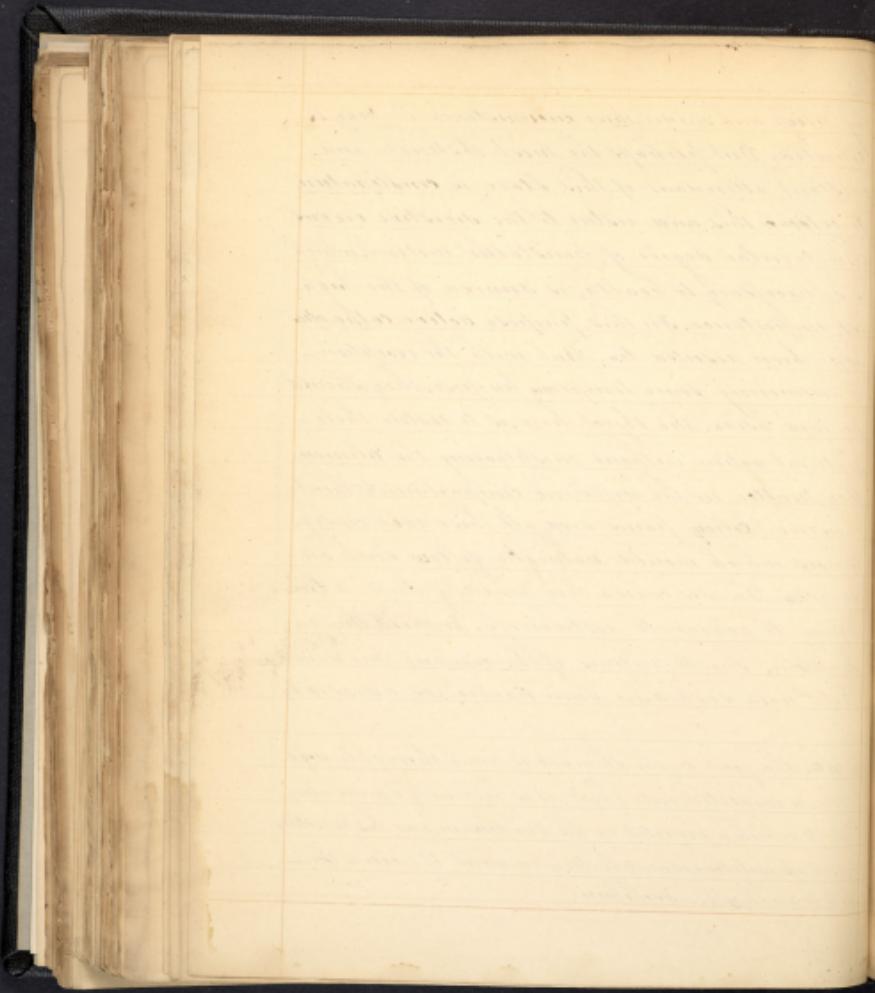


of the disease. Persecution, Repulsion of Objects, —
swallowing, a drawing at the pit of the Stomach, —
increased after eating, and slow lowered, accompany
this Stage. Nausea & vomiting are the most frequent
and distressing symptoms which attend this stage
of the disease; obviously indicating that some
ingesta of the Stomach or morbid secretions which
may have accumulated or remained in that or-
gan, should be removed by an Emetic; not by
the exhibition of Aromatic & Stimulants, as has
been advised by some, for by this means we relieve
present symptoms, at the expense of subsequent
ability. But by administering an Emetic, we not
only relieve the immediate inconvenience, but
prepare the system for the operation of other med-
icines. Succonina is preferred for this purpose,
it is sufficiently active, and frequently yields a
solitary impression on this organ. I do not mean
to convey the Idea, that we are to exhibit an Emetic
whenever these symptoms appear; but when the
Stomach is oppressed from an excessive quantity of spec-
tive taken, evacuating it of its contents, by an Em-
etic, is the quickest and most certain means of obtain-



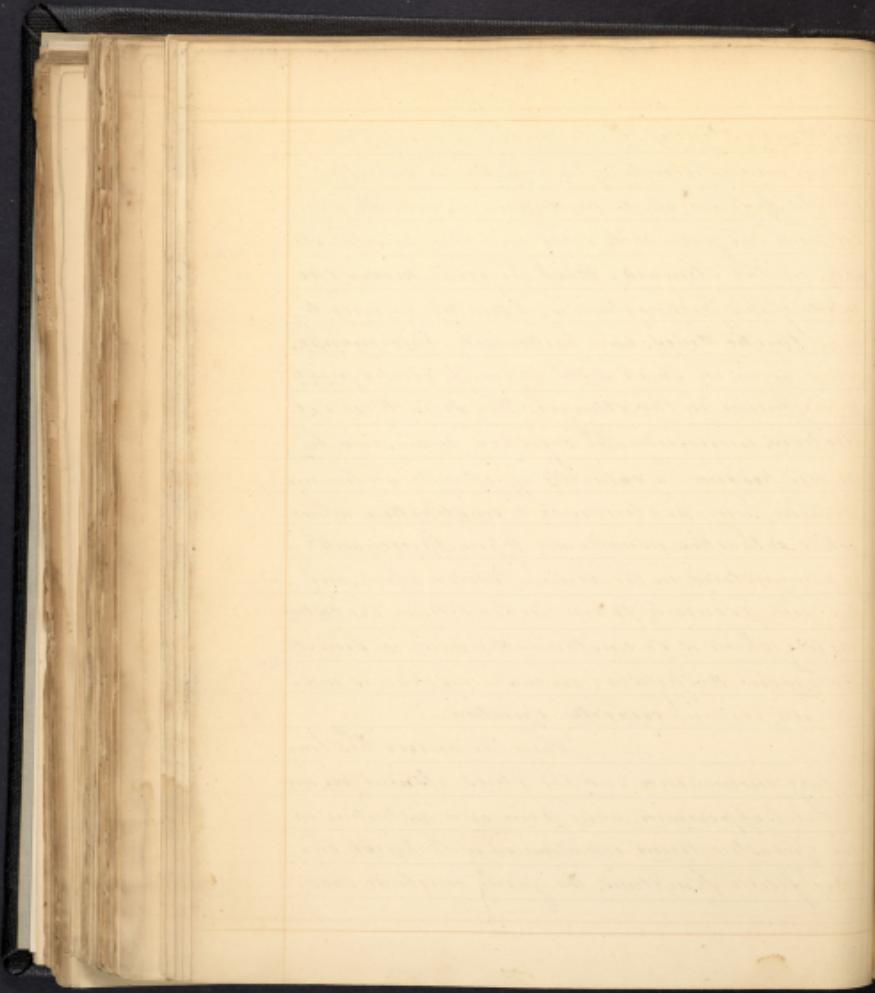
ing relief; and under these circumstances it may be
repeated. But perhaps the most delicate and
constant attendant of this stage is constipation.
To relieve this and restore to the digestive organs
their regular degree of peristaltic motion, which
is so necessary to health, is deemed of the high-
est importance. For this purpose active cathartics
have been resorted to. But with the exception
of answering some temporary purpose, they should
be laid aside. The object here, is to restore their
natural action without misplacing the alimentary
matter in the different compartments thereby
causing colic, pain and all those evil conseq-
uences which would naturally follow such an
accident. Besides which they generally leave a ten-
dency to accute constipation. To meet this in
vacation, small portions of Senna—made into
pills with soap and gum Arabic, or advantageably

* note. The food in the stomach is never thoroughly dige-
sted, or converted into chyle, it is here only a preparing
process which is perfected in the Intestine, and that perfection
a sort of similitude cannot be obtained until it reaches the
liver to analyse it—See above.

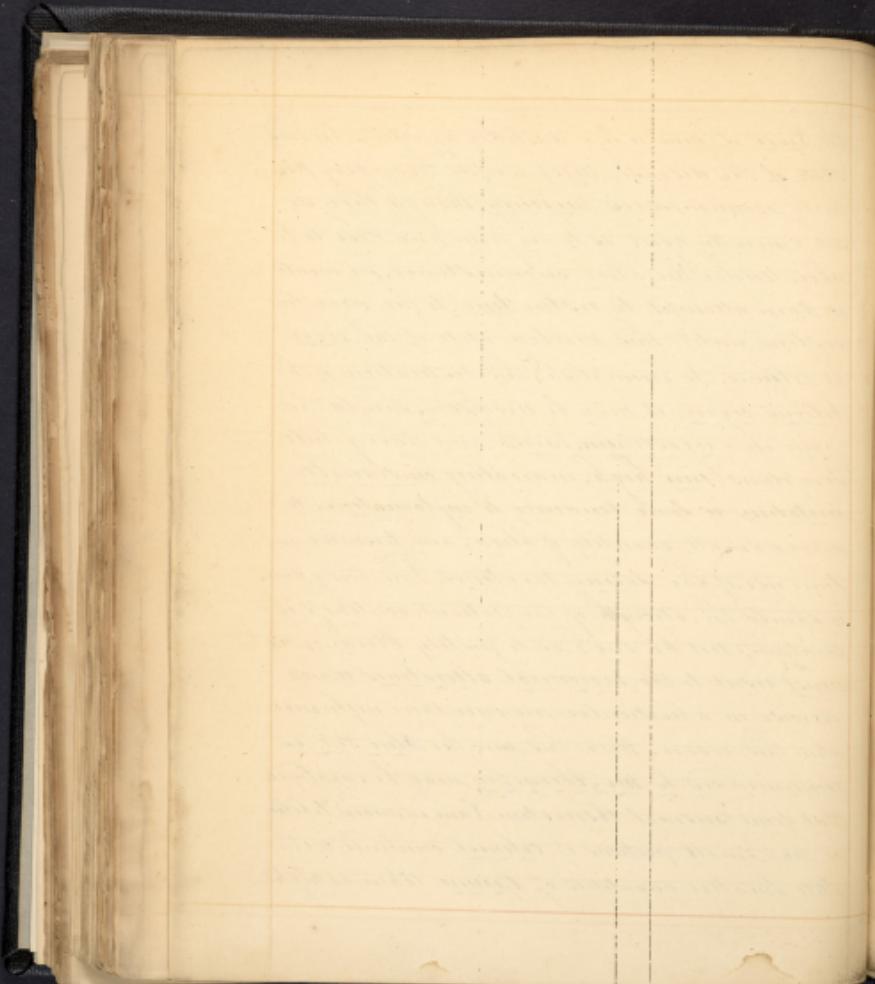


Dr Wilson's Pill. Should be taken several times a day, and especially after eating; the quantity should be so small as not to produce gas & nausea, and the pills will suffice that they dissolve slowly in the Stomach. What the exact meat opposite side of this prescription is, I am not prepared to say. Emetic Mixt., and particularly Specumonka, when given in small doses, appear to exert a peculiar influence in the Stomach. They seem to act a little more, increasing the digestive power, and by degree produce a cathartic effect, without leaving behind them that tendency to constipation, which active cathartics usually do. When Specumonka is administered in the manner stated above, and the pills regularly taken for some time, the cathartic effect, which is so constant attendant in simple Saciopatia Bromptonia, gradually disappears with no any violent cathartic operation.

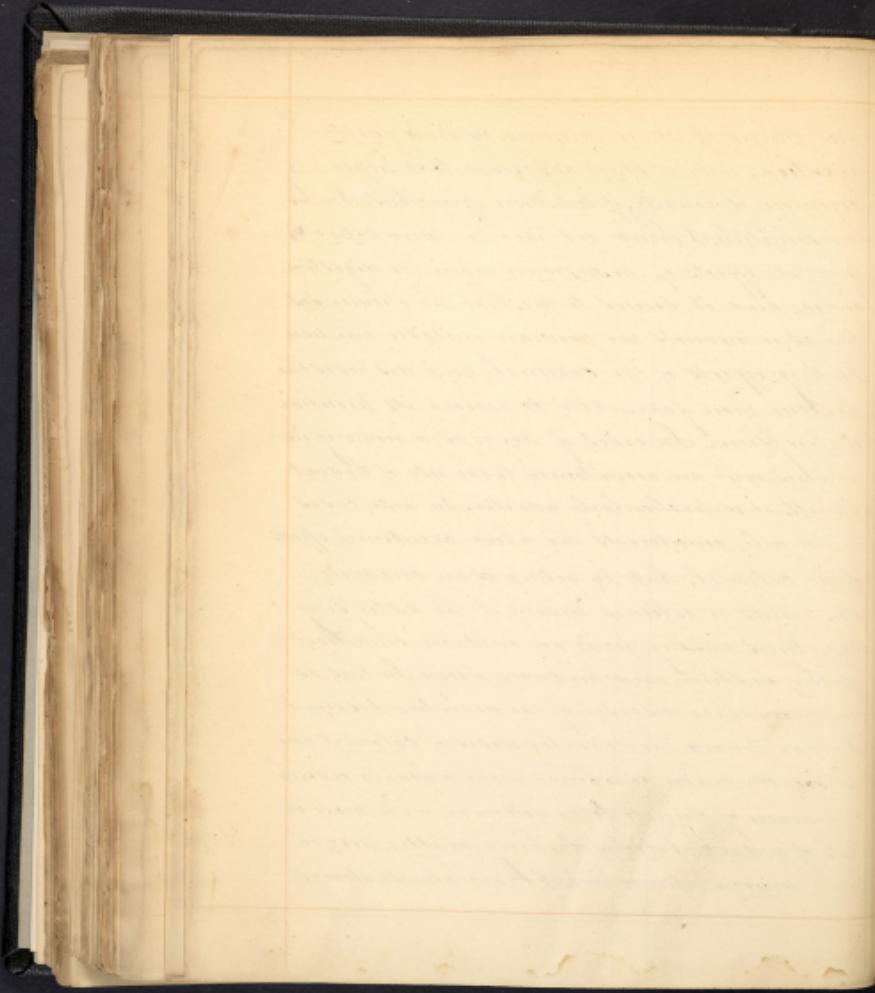
When the disease has been of long continuance and the stools assume an unnatural appearance with pain and distension in the epigastric region, accompanied with discomfort and other febrile symptoms, we fairly conclude that



the Spleen it may be less markedly affected. In this state of the disease, most writers have very properly recommended Mercury, though they do not exactly agree as to the form and dose to be used. Under the above circumstance, we would impain attempt to restrict time to the corrective system, until this moribund state of the Spleen be relieved. To accomplish this restoration of the delicate organ, it may be necessary, should the pain in epigastrium, waist, and other fibrous sinistrous turn high, indicating considerable irritation or some tendency to inflammations to draw a small quantity of blood, and promote some use of the salivary secretions. This being done, & should the strength of the patient, according to symptoms, not be such as to justify bleeding, we must resort to the mercurial alterations which exercise in a particular manner their influence upon this organ. With this view the Blue Pill as recommended by Mr. 2. Herreshoff may be employed. But from several observations I am induced to believe that small portions of calomel combined with white sugar in large quantities of urine taken at night

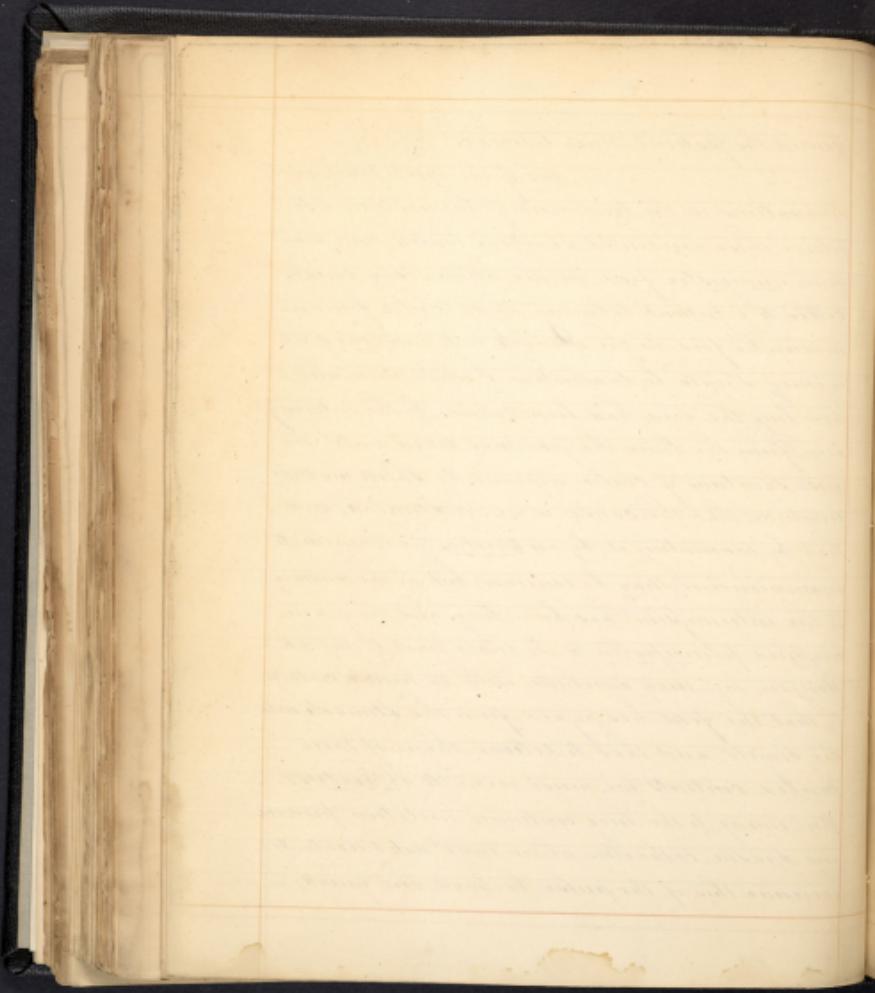


and passed off in the morning, by some gentle
 laxative, with a strict adherence to a sober—
 regimen is equally, if not more efficacious. In this
 prescription, I think, we have the mere action &
 prompt effects of Sarsaparilla where the digestive
 viscus; and it occurs to me, that the former may
 tend to prevent the primary irritable and non-
 irritating effects of the calomel, and also to set the
 system more favourably to receive its peculiar
 impression. In cases of Rheumatism occurring in
 patients who are accustomed to the use of Cedent
 spirits, it is particularly adapted. In these cases
 it not only counteracts the above mentioned effects
 of the calomel, but by acting as an aperient—
 suspended or relieved many of the distressing
 symptoms arising from an irritable condition
 of the system, and produces stools. In fact as
 in many other diseases of the digestive viscera—
 I have found a single dose of calomel and
 aperiently, when combined with a fourth part
 of a grain of Chinin to be followed with more or
 less of a dark bilious looking matter, mixed
 with mucus, after which I have almost always



found the patient much relieved.

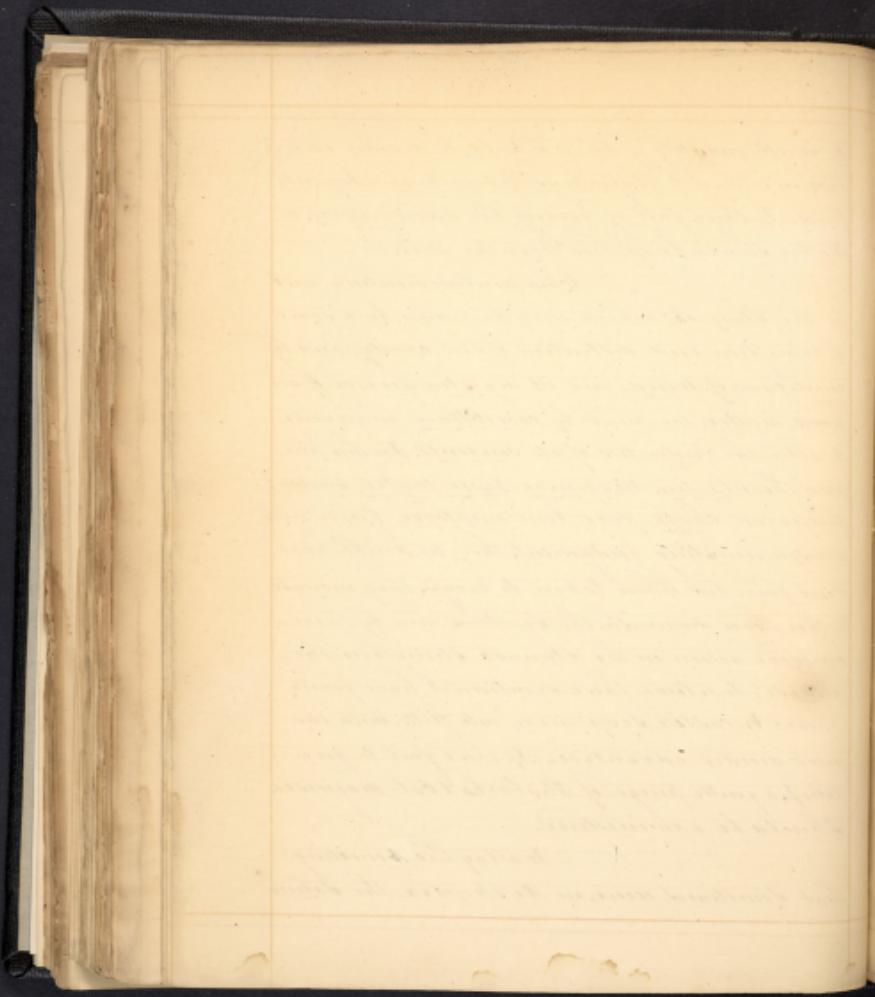
One of the most prominent indications in the treatment of Indigestion, is to observe those accidental symptoms which may arise from undigested food in the alimentary canal. Called to a patient labouring under cholic from undigested food in the Stomach or bowels, we first inquire ^{should} it be, to ascertain of what kind, and how long the food had been taken. If the interval of time from the time the food was taken, until the first symptom of cholic appeared, be short; we may conclude that the cause is in the Stomach, and that by evacuating it by an Emetic the immediate inconvenience may be removed; but on the contrary, if the interval has been long, and the pain confined principally to the lower part of the abdomen, we may conclude with as much certainty that the food has passed from the Stomach into the bowels, and that to relieve them of their mechanical contents we must resort to cathartics. Not owing to the long continued irritation produced in spasms, cathartics alone will not operate. To overcome this if the pulse be hard and quick -



a small quantity of Blew should be drawn, and
reconveyed back to Sympathetic, the thin Bath & Emuncto-
lized. If these fail of having the desired effect a
Lister should be applied over the part.

When morbid secretions exist
in the Stomach which may be known by a sense
of oppression and distension of this cavity, and by
evacuation of viscid and ill digested food, or of an
acid Matter, incrusting by decrepitive undecayous
to alter the properties of its contents. In this pa-
poo the Electro Magnesia, some Water and
prepared chalk, have been employed. Given with
a discriminating judgment, they no doubt have
done good; but when taken to excess, they increase
rather than diminish the symptoms and by their
corrosive action on the Stomach strengthen the
disease. To relieve these symptoms I have given
Spoonfuls of castile Soap made into pills, with the
most decided advantage. If these fail to give
relief, a gentle purge of Rhubarb & Cal magnesia
should be administered.

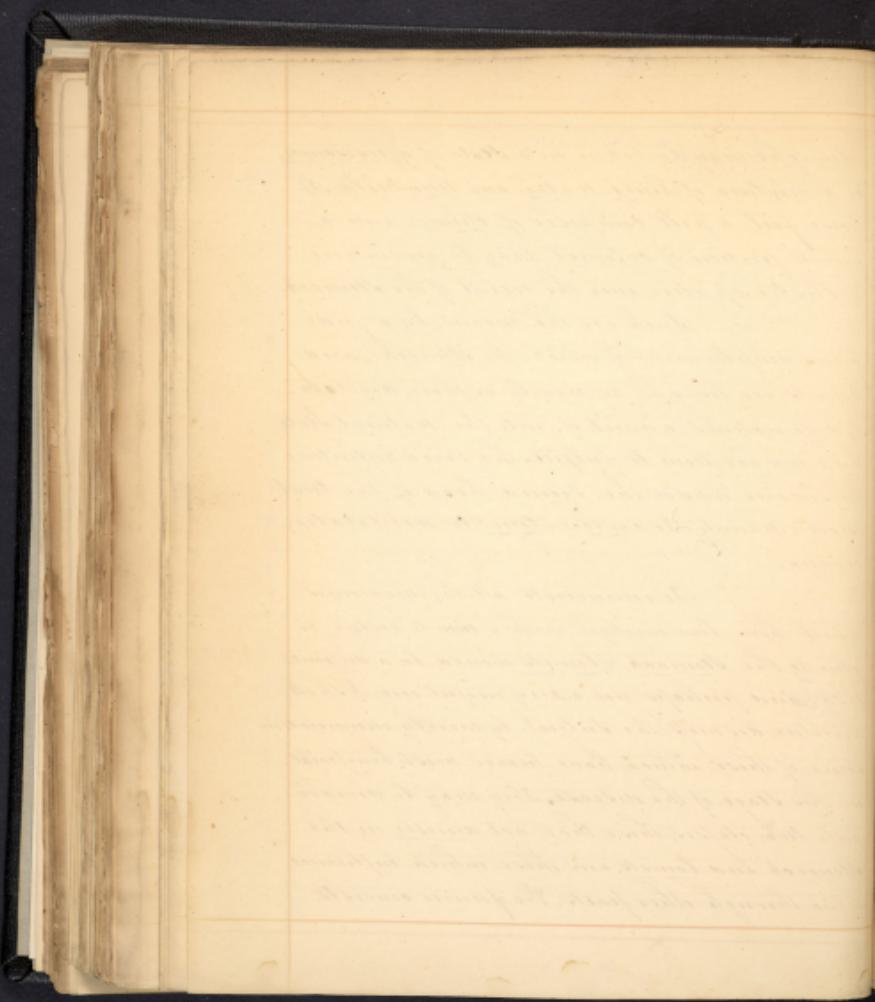
To allay the comitting
that sometimes occurs in Hypoporia the Saline



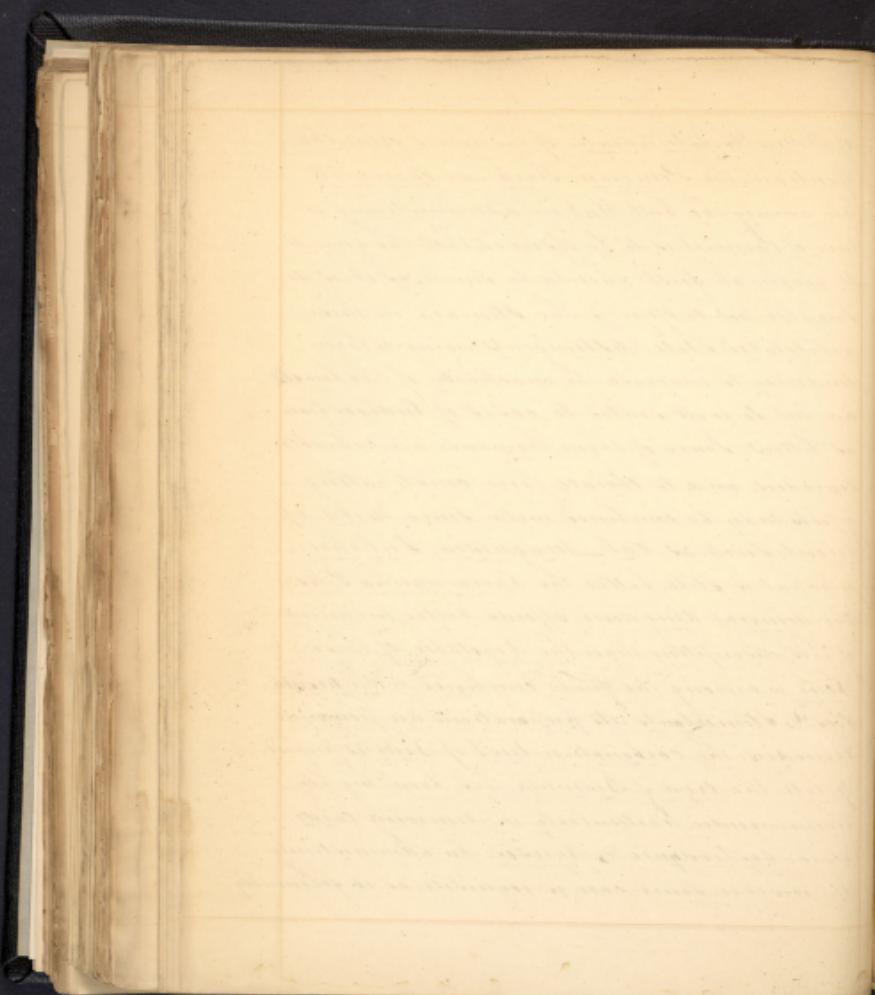
draught may be taken in a state of affectionance,
or a mixture of Sinse water, and Milk. If
these fail, a pill composed of Opium and a
small portion of cinnamon may be given and
a flinty opifice over the recess of the Stomach.

Such are the means, by a judi-
cious employment of which, the Stomach, and
Bowels are brought as nearly as their debilita-
ted functions admit of, into the natural state
and we are now to fulfill the third intention
considered under the second head of the treat-
ment, namely, to restore time to debilitated
organs.

To enumerate all the medicaments
which have been employed with a view to restore time
to the Stomach & Bowels would be a difficult
task, and perhaps not a very useful one. I shall
therefore dismiss the subject by merely enumerating
some of those which have proved most beneficial
in this stage of the disease. They may be divided
into two classes, those that act directly on the
Stomach and Bowels, and those which influence
them through other parts. The former consist of



of Bitter & Astringents. of the latter columba, Gentian, the Peruvian Bark and Camomile, are among the best. But in administering either of them it is to be observed that the quantity to give at first should be small, as it is desirable not to offend the Stomach in their debilitated state. Astringents owing to their tendency to increase the inactivity of the bowels are not so well suited to cases of Indigestion as bitters. Some of them however are valuable remedies, and to obviate their constipating effects may be combined with some mild opiate, such as Col. Magnesia, Sulphur, or what is still better the Specacuanha Pill. The Mineral King-dove affords better medicines of this description than the vegetable. Of these there is among the first: combined with a small & Stimulant its preparations are powerful remedies: the carbonate or bark of Senn is prepared of late the way of Bismuth has been highly recommended, particularly in removing Cardiacgia. Col. Hydrogria is popular: In administering it however some care is requisite, as it frequently



when given in large doses produces ^{it} ~~it~~ effects
where there is much sweating, incarotizing relax-
ation, the Sulphuric Acid may be used with
advantage. With respect to those ~~medicines~~ re-
medies which act sympathetically on the
digestive canal, the most powerful and
the only ones I shall mention are those that
make their impression on the skin. Where there
is considerable strength remaining, and the heat
not below the natural standard, the cold bath
sometimes proves very beneficial, especially when
followed by friction with a coarse towel or flesh-
brush. Where the cold Bath is unadmissible the
warm Bath with a balsom or tincture of common
salt dissolved in it may be employed.

